

Amendments to the Claims

1-66. (Cancelled)

67. (Currently Amended) An exercise machine comprising:

a frame;

a resistance object;

a first arm moveably attached to said frame to rotate about at a first pivot point such that ~~said first arm traverses a fixed path about~~ a first axis permitted by said first pivot point, said first arm also being connected to said resistance object;

a second arm moveably attached to said frame to rotate about at a second pivot point such that ~~said second arm traverses a fixed path about~~ a second axis permitted by said second pivot point, said first axis and said second axis lying in the same plane, said second arm also being connected to said resistance object;

a handle attached to said first arm and positioned at a push handle position so as to traverse a portion of a fixed path about said first axis;

a handle attached to said second arm and positioned at a push handle position so as to traverse a portion of a fixed path about said second axis;

a handle attached to said first arm and positioned at a pull handle position so as to traverse a portion of a fixed path about said first axis;

a handle attached to said second arm and positioned at a pull handle position so as to traverse a portion of a fixed path about said second axis; and

at least two handle locations on each of said arms, a first location of said at least two handle locations on each of said arms being forward of said plane, a second location of said at

least two handle locations on each of said arms being behind said plane; wherein said first axis and said second axis are not parallel to each other;

a bench having a seat portion attached to said frame forward of said plane;

wherein said first axis and said second axis are not parallel to each other;

wherein said path about said first axis traversed by said handle attached to said first arm at said push handle position and said path about said second axis traversed by said handle attached to said second arm at said push handle position intersect;

wherein said path about said first axis traversed by said handle attached to said first arm at said pull handle position and said path about said second axis traversed by said handle attached to said second arm at said pull handle position also intersect;

wherein a user on said seat portion and facing forward on said machine manipulates said handles in said push positions ~~can manipulate a handle at said first location~~ on each of said arms to perform a push-type exercise resisted by said resistance object; and

wherein said user on said seat portion and facing backward on said machine manipulates said handles in said pull positions ~~can manipulate a handle at said second location~~ on each of said arms to perform a pull-type exercise resisted by said resistance object.

68. (Cancelled)

69. (Cancelled)

70. (Cancelled)

71. (Cancelled)

72. (Currently Amended) The exercise machine of claim 67 ~~claim 70~~ wherein said push-type exercise comprises a converging exercise.

73. (Previously Presented) The exercise machine of claim 72 wherein said pull-type exercise comprises a diverging exercise.
74. (Previously Presented) The exercise machine of claim 73 wherein said pull-type exercise comprises a rowing exercise.
75. (Previously Presented) The exercise machine of claim 74 wherein said push-type exercise comprises a chest exercise.
76. (Previously Presented) The exercise machine of claim 74 wherein said resistance object resists said push-type exercise in the same direction as said resistance object resists said pull-type exercise.
77. (Previously Presented) The exercise machine of claim 76 wherein said first arm and said second arm each move independently of the other.
78. (Cancelled)
79. (Currently Amended) The exercise machine of claim 77 wherein said handle attached to said first arm and positioned at a push handle position ~~at said first handle location~~ and said handle attached to said first arm and positioned at a pull handle position ~~at said second handle location on each of said arms~~ comprise different handles.
80. (Currently Amended) The exercise machine of claim 79 wherein the movement of said handle attached to said first arm and positioned at a pull handle position ~~at said second handle location~~ causes movement of said handle attached to said first arm and positioned at a push handle position ~~at said first handle location on each of said arms~~.
81. (Previously Presented) The exercise machine of claim 67 wherein said push-type exercise comprises a converging exercise and said pull-type exercise comprises a diverging exercise.
82. (Cancelled)

83. (Cancelled)

84. (Currently Amended) The exercise machine of claim 67 wherein said handle attached to said first arm and positioned at a push handle position at said first handle location and said handle attached to said first arm and positioned at a pull handle position at said second handle location on each of said arms comprise different handles.

85. (Cancelled)

86. (Previously Presented) The exercise machine of claim 67 wherein said first arm and said second arm each move independently of the other.

87. (Cancelled)

88. (Cancelled)

89. (Cancelled)

90. (Previously Presented) The exercise machine of claim 67 wherein said seat portion is in generally the same horizontal position when said user faces forward as when said user faces backward.

91. - 120. (Cancelled)